



For Immediate Release:

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Quit Smoking Today, Resources are Available

May 31 is World No Tobacco Day

LOS ANGELES – The Los Angeles County Department of Public Health joins the World Health Organization (WHO) in bringing awareness to the harmful effects of tobacco. World No Tobacco Day, May 31, is an annual awareness day to draw attention to the tobacco epidemic and the preventable deaths and diseases it causes.

“While it is encouraging to see our anti-smoking ad campaigns resulting in the decline of smoking among adults over the past several years, tobacco use remains the leading cause of preventable death in LA County,” said Jonathan E. Fielding, MD, MPH, Director of Public Health and Health Officer. “We will continue our efforts to educate and deter our young people and vulnerable communities from starting to smoke and services to assist those who do smoke to quit, including nicotine replacement therapy, other medications, and counseling support.”

Tobacco use remains the leading cause of preventable death globally and in the United States. In LA County, cigarette smoking is directly linked to one out of every seven deaths each year, or nearly 8,600 deaths annually. In addition, costs associated with medical care and lost productivity resulting from tobacco-related diseases amount to \$4.3 billion annually in the county.

For more information about World No Tobacco Day, visit the WHO website at <http://www.who.int/campaigns/no-tobacco-day/2013/en/index.html>.

LA County offers resources to residents who are currently addicted to tobacco, have already quit, or want to help a friend or relative kick this deadly addiction as well. Residents can visit LAQuits.com for information and resources about quitting smoking, or call the California Smokers’ Helpline, 1-800-NO-BUTTS. The Helpline offers free and confidential telephone counseling that has proven to double a smoker’s chances of successfully quitting than if the smoker tried to do it alone.

Currently, LA County residents can receive free nicotine patches when calling the Helpline to seek support in quitting. The Helpline also assists those trying to quit chewing tobacco and has experts to help teens quit. Additional information and smoking cessation tips can be found on the LA Quits website, www.laquits.com, [Facebook page](#), and [Twitter @LAQuits](#).

The Department of Public Health is committed to protecting and improving the health of the nearly 10 million residents of Los Angeles County. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and community and family health. Public Health comprises nearly 4,000 employees and has an annual budget exceeding \$750 million. To learn more about Public Health and the work we do please visit <http://www.publichealth.lacounty.gov>, visit our YouTube channel at <http://www.youtube.com/lapublichealth>, find us on Facebook at <http://www.facebook.com/lapublichealth>, or follow us on Twitter: @LAPublicHealth.